

July 2010



Fun & Fitness in the Water!

A Healthy Way to Beat the Heat



Pedro E. Segarra
Mayor



Carlos Rivera
Director

The City of Hartford Department of Health and Human Services, Recreation Division offers some of the best ways to beat the heat, exercise and have fun in healthy ways.

Don't miss out on what our pools and spray parks have to offer. Plan a visit to our facilities with your entire family:

- ★ **Goodwin Park Pool**, 1130 Maple Ave.
- ★ **Pope Park Indoor and Outdoor Pools**, 30 Pope Park Drive
- ★ **Keeney Park Pool**, 471 Tower Avenue
- ★ **Colt Park Pool**, 92 Wethersfield Avenue



Our pools are open Monday to Friday from 12:00pm to 7:45pm and on weekends and holidays, from 12:00pm to 7:00pm through August 21st.

Call us at **860-757-4880** to get a detailed schedule, or visit us on the web!

Enjoy our spray parks at:

Pope Park North Russ and Putnam Street	Sigourney Square Park Sigourney Street
Metzner Center 680 Franklin Avenue	Goodwin Park 1130 Maple Avenue
Day Playground Orange and Arbor Street	Forster Park Roger Street
Lozada Park Seyms Street	

• Never leave a child unattended in a pool. Teach children basic water safety tips.

Benefits of Teaching Children How to Swim



Learning to swim encourages children to lead an active lifestyle. It can help them burn calories, exercise their cardiovascular system and help them to increase their lean muscle mass. Better sportsmanship, an increased sense of character and eliminating the fear of water are other great benefits to the development of our children. Most importantly, learning to swim can dramatically

lower the chances of drowning in children.

Hartford Recreation offers an array of lessons for all ages and abilities.

Don't miss it! Call us at 860-757-4880 to sign up.

Summer Swimming Safety Tips



Never allow your child to swim alone without any adult supervision. If a child is older and swimming with friends or family, have them implement the buddy system.

For good pool safety make sure that all kids above the age of 4 attend a certified swimming class, safety, or at least learn basic flotation and life saving techniques. Children younger than four should always be accompanied by their parents in the pool. Lifeguards are another tool for a parent to use to ensure the child's safety not a replacement for the parent.

Avoid leaving your kids with small portable pools or water bodies like buckets, fountains, and barrels. There is always a danger of drowning occurring even in small bodies of water.

To ensure swimming pool safety, be observant. Watch what your kids are up to, and supervise their activities. Do not leave them alone.

Hartford's Department of Health & Human Services Recreation Division would like to wish you a fun summer and remember, Hartford is **"The Recreation Outlet of Choice."**

Family Fun at Batterson Park!



Batterson Park is Hartford's own beach facility! With access to the fun waters of Batterson Park Pond, this location offers Hartford families a wonderful outdoor environment with opportunities for many activities. The Park facility includes a beach (supervised by lifeguards), picnic tables, grills, dressing rooms and free parking.

For directions to the park, please call the Recreation Division at 860-757-4880

July is UV Safety Month

Skin cancer. Wrinkles. Premature aging. Now you can add cataracts and macular degeneration - eye conditions that can lead to blindness - to the list of dangers the sun can inflict.

- ✱ Wear sunglasses that block 99 to 100 percent of UV-A and UV-B rays.
- ✱ If you spend time on the water or in the snow, consider purchasing goggles or sunglasses that wrap around your temples because they block the sun's rays from entering on the sides, offering better protection.
- ✱ Remember sunglasses don't have to be expensive to offer the right kind of UV protection. Even inexpensive glasses can protect your eyes if they offer 99 to 100 percent UV-A and UV-B protection.
- ✱ Don't forget the kids. Protect their eyes with hats and sunglasses. In addition, try to keep children out of the sun between 10:00 a.m. and 2:00 p.m. when the sun's ultraviolet rays are the strongest.

Did You Know?

Prolonged exposure to the sun's ultraviolet rays without protection may cause serious eye conditions that can lead to vision loss and blindness.

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City of Hartford Department of Health and Human Services, Recreation Division
Visit us on the web! www.hartford.gov/Human_Services